



Menu SPA



We are inspired by nature

Discover your true nature through a combination of knowledge, experience and the wealth of ingredients contained in our cosmetic brands.

The mission of Arłamów SPA is to restore full harmony, balance and to add strength and joy of life through the philosophy of sanus per aquam and wellness.

Arłamów SPA Team



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BESTSELLER



Arlamów SPA original treatments



The art of
living well



The art of living well

SKEYNDOR facial treatments

SKEYNDOR
SCIENCE creates BEAUTY®

★ TIMELESS ANTI-AGE

A luxurious ANTI-AGE ritual to activate youth genes. Damask rose stem cells and white truffle extract have a firming and brightening effect.

🕒 Up to 90 MIN _____ 700 PLN

CORRECTIVE

ANTI-AGE treatment with a „botox” effect is an alternative to aesthetic medicine treatments. Instantly improves facial contours.

🕒 Up to 70 MIN _____ 400 PLN

ETERNAL

ANTI-AGE regeneration treatment with stem cells from the Swiss Uttwiler apple tree provide immediate skin renewal and regeneration. The addition of silicon, hyaluronic acid and peptides helps to restore the skin's density, firmness and deep hydration.

🕒 Up to 60 MIN _____ 350 PLN

EXPERT CLEANSE PRO

A double dimension of dermatological hygiene - deep cleansing, strengthening the skin microbiome. Treatment for acne and blemished skin.

🕒 Up to 60 MIN _____ 300 PLN

★ POWER C+

An energising, illuminating and antioxidant treatment. It brightens dark spots, increases elasticity, adds radiance and vitality to the skin.

🕒 Up to 60 MIN _____ 300 PLN

POWER OXYGEN

Oxygenating and detoxifying treatment, supplying the skin with oxygen and creating a protective barrier against environmental pollution. Protects and immediately cleanses the epidermis from impurities, soothes, moisturises.

🕒 Up to 60 MIN _____ 300 PLN

TREATMENT FOR MEN

Treatment for male skin based on smoothing and moisturising ingredients.

🕒 Up to 60 MIN _____ 300 PLN

MARIA GALLAND

Facial treatments

MARIA
GALLAND
PARIS

MILLE - EXCLUSIVE FACIAL TREATMENT

The MILLE treatment is a wealth of the most selected ingredients: gold, white truffles, peptides, stem cells, collagen and hyaluronic acid. Provides an immediate rejuvenating and illuminating effect on the skin.

🕒 Up to 90 MIN _____ 600 PLN

LIFT EXPERT

The treatment instantly firms and contours the face, smooths skin and wrinkles, and adds radiance to the skin.

🕒 Up to 60 MIN _____ 400 PLN

HYDRA GLOBAL

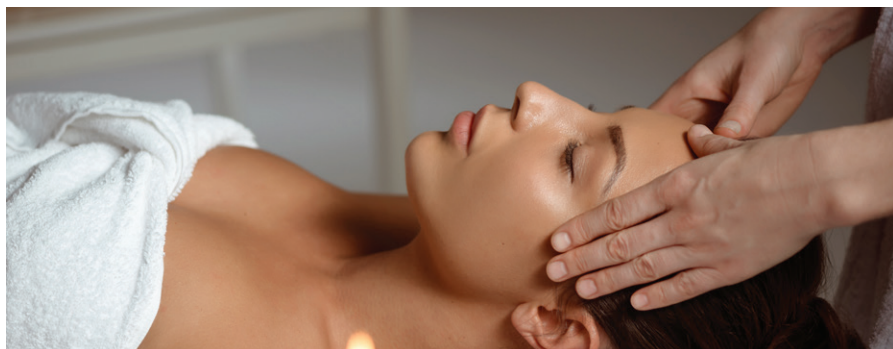
The new technology contained in the products is a fusion of effective moisturising and anti-aging complexes, for synergistic effects: maintaining the skin's ability to self-hydrate, stimulating cell activity and strengthening the skin's protective barrier.

🕒 Up to 60 MIN _____ 350 PLN

EXPRESS HYDRATION

Ideal for people who live on the run. The treatment instantly restores a rested appearance, refreshes and moisturises the skin. Suitable for all skin types, without age restrictions.

🕒 Up to 30 MIN _____ 250 PLN



Chemical peelings

FERULAC CLASSIC + VITAMIN C

Chemical peeling based on a mixture of ferulic acid with phloretin and vitamin C. A strongly refreshing, brightening, firming and photoprotective treatment for dull or sensitive skin.

🕒 Up to 60 MIN _____ 350 PLN

MANDELAC PEEL

Chemical peeling based on mandelic acid intended for problematic, acne-prone and oily skin with anti-acne, normalising and refreshing effect. It is also suitable for skin with uneven pigmentation and dark spots.

🕒 Up to 60 MIN _____ 300 PLN

LACTIPEEL

Chemical peeling based on lactic acid for dehydrated skin. It has a moisturising effect and improves skin tone.

🕒 Up to 60 MIN _____ 300 PLN

AZELAC PEEL

Treatment based on azelaic acid is intended for the vascular skin with rosacea and inflammation. Its purpose is to reduce the inflammation and erythema associated with dilated vessels.

🕒 Up to 60 MIN _____ 300 PLN

ARGIPEEL

Argipeel treatment with a regenerating, exfoliating and moisturising effect.

🕒 Up to 60 MIN _____ 300 PLN

RETIX C

An intensive exfoliating treatment to remove dead skin. The combination of highly concentrated vitamin C with retinol gives an antioxidant, brightening, dark spots removal and wrinkle-smoothing effect.

🕒 Up to 60 MIN _____ 300 PLN



SCENS-ORY EXPERIENCE LUXURY RITUAL

A sensual face and body ritual that helps to relieve accumulated muscle tension and restores youth and vitality to the skin. This unique and exclusive ritual combines the LIFT by SCENS facial massage, which eliminates wrinkles and improves the oval of the face, while the aromatherapy body massage and effective peeling relaxes and puts you in a positive mood. The ritual provides a unique experience.

🕒 Up to 135 MIN _____ 700 PLN

MINDFULNESS DETOX RITUAL

A unique ritual that provides an incredible experience and high effectiveness. By using a scrub based on a combination of different salts, as well as essential oils, the skin is smoothed, firm and radiant. A body wrap with seaweed and spirulina as well as an anti-cellulite oil provide hydration and help eliminate toxins. DETOX by SCENS facial massage improves blood circulation, facial oval and relaxes. It is the perfect combination of face and body care with unique relaxation.

🕒 Up to 105 MIN _____ 500 PLN

ORGANIC & VEGAN HYDRA RITUAL - BASIC

A wonderful, calming ritual based on products with baobab, lavender and bergamot oils as well as extracts of hamamelis and hibiscus. The ritual intensively moisturises and nourishes the skin and stimulates all the senses, adding vitality and restoring well-being.

🕒 Up to 75 MIN _____ 400 PLN

ORGANIC & VEGAN HYDRA RITUAL - INTENSE

A ritual combining face and body care, which provides the skin with the most precious active ingredients in the form of argan oil, avocado oil and hyaluronic acid, which are essential to keep the skin hydrated. The combination of effective products and specialised manual techniques are a guarantee of unique sensations and absolute relaxation. The unique scrub and massage oil used, among other things, leaves the skin regenerated and glowing.

🕒 Up to 90 MIN _____ 450 PLN

360 EXPERIENCE MASSAGE

Relaxing face and body massage performed with arnica, patchouli and cannabis oil. The 360 massage covers the head, face and whole body area. Ideal for those who need pampering from head to toe.

🕒 Up to 75 MIN _____ 400 PLN

BIO DETOX DRAINAGE MASSAGE

A draining massage that stimulates the metabolism and supports the elimination of toxins through a combination of manual techniques, WOOD THERAPY by SCENS and geranium, chia and baobab

🕒 Up to 60 MIN _____ 350 PLN

ABSOLURE RELAXATION MASSAGE

A relaxing massage that cares for the body and senses thanks to bergamot and lavender oils. Dedicated to people who want to break away from the daily routine and regain inner harmony and maintain a state of spiritual balance.

🕒 Up to 60 MIN _____ 350 PLN

ABSOLUTE DECONTRACTION MASSAGE

A relaxing body massage that relieves stress, relaxes and oxygenates the body thanks to special manual techniques as well as cannabis and arnica oil. Brilliantly releases muscle tension.

🕒 Up to 60 MIN _____ 350 PLN

ABSOLUTE RELAXING LEGS MASSAGE

A massage that relieves and soothes tired legs. It prevents fluid retention and restores comfort to heavy feet.

🕒 Up to 30 MIN _____ 250 PLN

ORGANIC BODY SCRUB PEELING

A moisturising body scrub consisting of a unique combination of 3 types of salt and 6 essential oils that brilliantly smooths and purifies the body.

🕒 Up to 30 MIN _____ 200 PLN

ORGANIC BODY SCRUB PLUS PEELING

Moisturising body scrub composed of 3 types of salt (Himalayan salt, Dead Sea salt, French Sea salt) and 6 essential oils (lavender, cypress, geranium, rosemary, chamomile and bitter orange) provides deep cleansing, smoothing and moisturising of the body. It also improves the condition of the skin and restores comfort and well-being.

🕒 Up to 60 MIN _____ 300 PLN

BIO DETOX DRAINAGE TREATMENT

A modelling body treatment designed to aid drainage and reduce cellulite. This highly effective body treatment deeply moisturises and helps to model the body. Prevents fluid retention with the combination of WOOD THERAPY by SCENS. In addition, a body compress rich in seaweed and spirulina has an intensive effect.

🕒 Up to 60 MIN _____ 350 PLN

BIO - FIRMING FIRMING TREATMENT

An intensive firming treatment which combines maderotherapy, i.e. WOOD THERAPY by SCENS and active ingredients such as orange, carrot and ginger to firm and improve the elasticity of the skin.

🕒 Up to 60 MIN _____ 350 PLN

BOTANICAL MODELLING TREATMENT

Treatment to help reduce cellulite and adipose tissue. The application of anti-cellulite oil, a special WOOD THERAPY by SCENS massage technique and a body compress based on spirulina and seaweed supports the loss of unnecessary centimetres and body shaping.

🕒 Up to 60 MIN _____ 350 PLN

ORGANIC & HYGIENE TREATMENT

A deep cleansing treatment based on Organic&Vegan cosmetics will help to remove impurities from the skin of the face, neck and cleavage, as well as to offset the damage caused by urban pollution. The treatment results in fresh, smoothed and hydrated skin full of radiance, thanks to a salt and oil scrub and a combination of masks: enzymatic, cleansing and detoxifying.

🕒 Up to 75 MIN _____ 450 PLN

HERBAL PURE SKIN TREATMENT

A treatment dedicated to oily skin. The application of various masks based on cleansing and normalising active ingredients such as tea tree extract or active coal restores the skin's balance, regulates sebaceous secretions and reduces the enlarged pores.

🕒 Up to 75 MIN _____ 450 PLN

HYDRA GREEN TREATMENT

A moisturising and revitalising treatment that immediately restores skin's comfort and an appropriate level of hydration. Thanks to the use of masks containing precious argan and avocado oils, the skin immediately acquires a beautiful appearance and glow. It is saturated and maximally moisturised. A treatment ideal for dry, dehydrated skin that requires revitalisation and regeneration.

🕒 Up to 75 MIN _____ 450 PLN

BEAUTY DETOX SKIN TREATMENT

Ultra detoxifying treatment for blemished and sallow skin. Masks that are highly concentrated in active ingredients with detoxifying and cleansing effects will help the skin regain its glow, freshness and healthy look.

🕒 Up to 75 MIN _____ 450 PLN

ETERNAL LIFT EXPERIENCE TREATMENT

A lifting treatment based on exclusive cosmetic products. The high concentration of regenerating, rejuvenating active ingredients provides complete antioxidant protection and the nourishment needed to restore the skin's elasticity and firmness. In addition, the intensive LIFT by SCENS lifting massage relaxes the muscles, contours the face and restores radiance

🕒 Up to 75 MIN _____ 500 PLN

It is an express answer to problems related to water cellulite, fibrous cellulite, swelling, skin lacking firmness and fatty tissue. The biggest advantage of Arosha Bandages is that the effect is visible already after the first treatment!

AROSHA LIPO FIT - ABDOMINAL SLIMMING

A set with a lipolytic effect, intensively slimming, designed for the problematic part of the body, which is the abdomen. Thanks to concentrates containing a special molecular synthesis which acts in a rapid and targeted manner on adipocytes, activating their metabolism, it allows for effective modelling and reduction of fatty tissue on the abdomen and hips.

🕒 Up to 60 MIN _____ 300 PLN

AROSHA OEDEMACEL - FIGHT AGAINST OEDEMATOUS CELLULITE

Slimming by Bandaging is a programme created by the Italian brand Arosha to correct problems that arise on the body. Each programme is based on wrapping problem areas with a bandage soaked in active ingredients, chosen according to the client's specific problem. Oedemacel is a kit created to fight water cellulite and swelling. A unique combination of ingredients, acting synergistically, fights the root causes of cellulite, i.e. vasodilation and intercellular fluid accumulation.

🕒 Up to 60 MIN _____ 300 PLN

AROSHA ADIPOCEL - FIGHT AGAINST FIBROUS CELLULITE

Slimming by bandaging is based on wrapping problem areas with a bandage soaked in active ingredients selected according to the client's specific problem. Adipocel - is a kit created to fight against fibrous cellulite in its advanced stage. It is a combination of various ingredients designed to fight the growth of adipocytes and the deformation of collagen fibres - factors responsible for the appearance of cellulite bumps on the skin.

🕒 Up to 60 MIN _____ 300 PLN



CHOCOLATE DELIGHT RITUAL

The chocolate ritual is an aromatic and sensory stimulating treatment that improves mood and well-being. It begins with a gentle cocoa scrub based on rice wax with ground cocoa beans to smooth and firm the body. This is followed by a highly moisturising wrap based on coffee oil and a nourishing cream. The final stage involves an intensive regenerating facial treatment with a brightening and firming effect.

🕒 Up to 90 MIN _____ 450 PLN

🕒 Up to 110 MIN _____ with bath 500 PLN



ROSE GODDESS RITUAL

The Rose Goddess is a feast for the body and senses, leaving velvety soft skin enveloped in the delicate scent of roses. The ritual consists of a full body peeling and a unique mask specially composed during the treatment based on goat's milk and infusion of rose petals. The body wrap is preceded by a relaxing massage and a tailor-made facial treatment that has a moisturising and rejuvenating effect.

🕒 Up to 90 MIN _____ 450 PLN

🕒 Up to 110 MIN _____ with bath 500 PLN

LAVENDER FIELDS RITUAL

A cocktail of plant extracts contained in precious oil compositions deeply nourish and care for the skin during a relaxing ritual. The aroma of lavender essential oils envelops the body during the entire ritual, which includes a natural peeling, a lavender compress combined with a relaxing body massage and an intensive regenerating facial treatment. The ritual is strongly relaxing and soothing.

🕒 Up to 90 MIN _____ 450 PLN

🕒 Up to 110 MIN _____ with bath 500 PLN

FOREST WALK RITUAL

A unique forest ritual based on natural essential oils to awaken all the senses. It intensively moisturises and regenerates the skin and, in addition, deeply relaxes. The ritual begins with a full body peeling with a sisal nest then a wrap is applied followed by a full body massage with the scent of lime, juniper and pine. The ritual ends with a composed facial treatment combined with a relaxing head massage.

🕒 Up to 90 MIN _____ 450 PLN

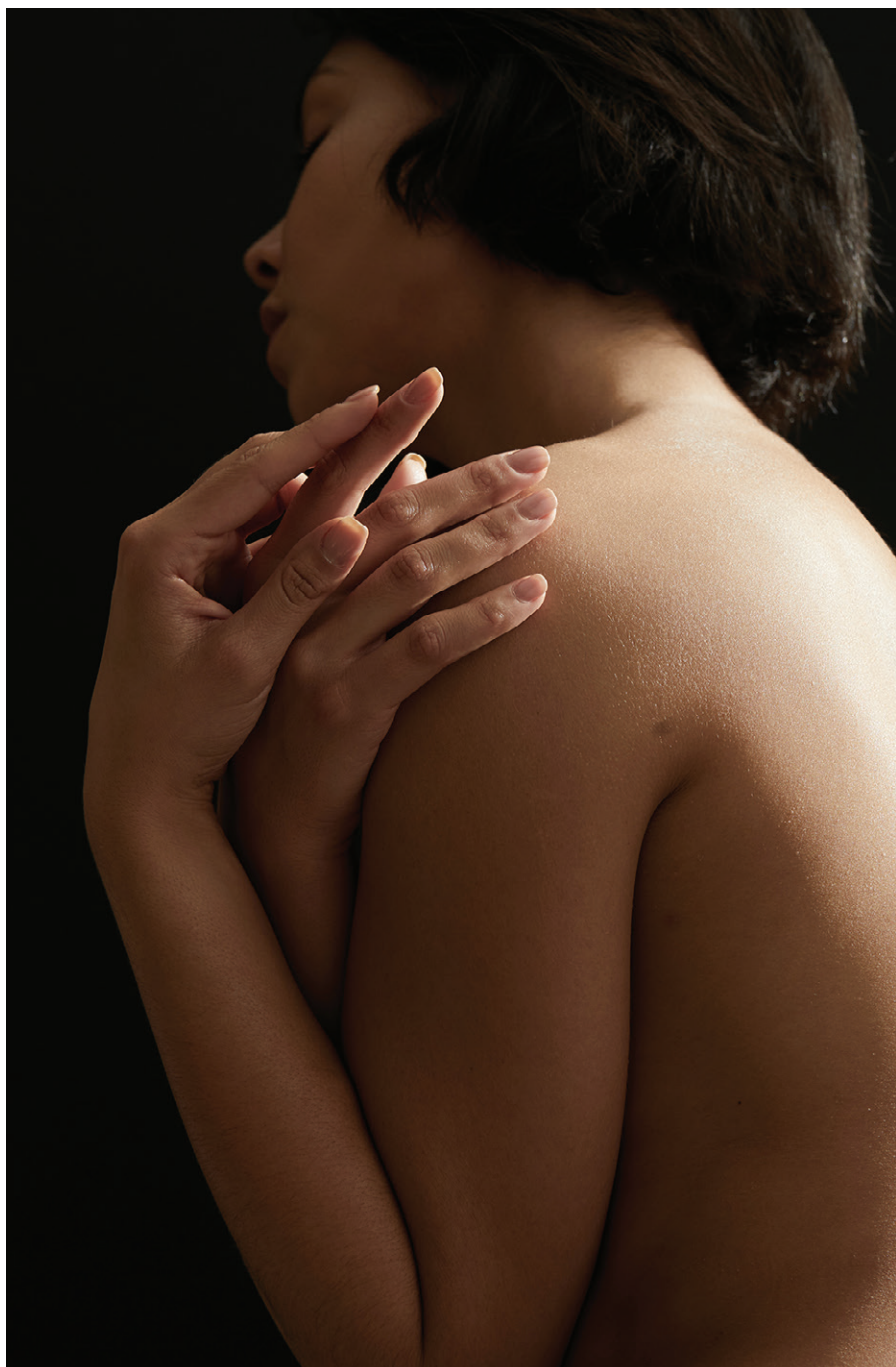
🕒 Up to 110 MIN _____ with bath 500 PLN

CHAMPAGNE RITUAL WITH CAVIAR

A luxurious ritual with caviar and champagne to relax, unbends and set a positive mood. The ritual is based on body peeling and a specially composed compress that intensively nourishes and moisturises the body and is prepared on the basis of stem cells from caviar. This is followed by a holistic full body massage with a relaxing effect and a rejuvenating facial treatment combined with a head massage.

🕒 Up to 90 MIN _____ 450 PLN

🕒 Up to 110 MIN _____ with bath 500 PLN



Body treatments

HIFU FOR SELECTED PARTS OF BODY AND FACE

The treatment consists in repeated heating of adipose tissue due to concentration of ultrasound energy in selected places and at predetermined depths, which results in visible lifting as well as significant firming of the skin. The device uses HIFU (high intensity focused ultrasound) technology, which is a focused ultrasound wave that is delivered fractionally to the deep layers of the skin.

🕒 Up to 80 MIN _____ 999 PLN

THERMOGENIQUE FOR SELECTED BODY PARTS

It is a body treatment that not only slims but firms, reduces swelling, reduces cellulite and significantly reduces body circumference. Body firming effects are visible after the first treatment. An additional advantage that distinguishes ThermoGenique from other treatments on the cosmetology market is the specialised draining massage and cosmetics used. Thanks to capsaicin, which works by hitting fat cells, this treatment can also be performed on people with vascular problems - broken capillaries, spider veins or even varicose veins.

🕒 Up to 90 MIN _____ 400 PLN

DIAMOND MICRODERMABRASION - SELECTED BODY PART

Treatment aimed at removing dead epidermis, cleansing the skin and fighting its defects, i.e. blackheads, keratosis perifolliculata, stretch marks.

🕒 Up to 60 MIN _____ 400 PLN

ANTI-CELLULITE SHOCK WAVE THERAPY

Shockwave treatments break down subcutaneous adipose tissue. There is a reduction in the volume of fat cells through their disintegration. In addition, the firmness of the epidermis and the elasticity of the skin are improved.

🕒 Up to 20 MIN _____ up to 300 PLN

★ ARŁAMÓW SPA SMOOTHING BODY TREATMENTS



Treatments consisting of a scrub-compress and massaging in a nourishing elixir. They give an immediate effect of smoothing, moisturising and nourishing the skin.

🕒 Up to 50 MIN _____ 250 PLN

DX TWIN FULL BODY MODELLING TREATMENT

A treatment that simultaneously firms and reduces cellulite. It is based on the vacuum massage method.

🕒 Up to 45 MIN _____ 250 PLN

BOA MASSAGE

BOA lymphatic drainage is a massage using special sleeves filled with air at the right pressure, which results in the formation of delicate waves pressing the body. It removes lymphatic and venous stasis, circulatory insufficiency, cellulite and obesity.

🕒 Up to 30 MIN _____ partial 200 PLN

DX TWIN DRAINAGE TREATMENT FOR TIRED LEGS

A treatment with a draining and microstimulating effect, supporting the removal of toxins, stagnation and metabolic deposits.

🕒 Up to 30 MIN _____ 200 PLN

Massages

CANDLE MASSAGE

It has a beneficial effect on our body and mind. It helps to get rid of muscular tension, relaxes and unwinds. In addition, Ma Bougie's natural candles introduce elements of aromatherapy into the ritual, making its relaxing and restful effects even stronger. Their composition covers the skin with a silky film that prevents water loss, bringing truly spectacular results in moisturising and smoothing the skin all over the body.

🕒 Up to 60 MIN _____ 350 PLN

🕒 Up to 90 MIN _____ 450 PLN

MASSAGE WITH QUARTZ STAMPS ON A QUARTZ BED

An exclusive ritual on a bed of quartz sand brings deep relaxation, rest and tranquillity. When heated, the sand absorbs heat and slowly and evenly releases it into the subcutaneous tissue, muscles and joints, which improves metabolic processes and releases toxins from the body. This is complemented by sophisticated massage techniques and pampering oil scents, making this massage an incredible experience.

🕒 Up to 60 MIN _____ 350 PLN

🕒 Up to 90 MIN _____ 450 PLN

MASSAGE WITH HERBAL STAMPS

The relaxing and pain-relieving massage is performed with cotton pouches containing a mixture of herbs and spices which, when heated over steam, release the essential oils stored in them.

🕒 Up to 60 MIN _____ 350 PLN

🕒 Up to 90 MIN _____ 450 PLN

HOT STONE MASSAGE

Relaxing massage is based primarily on touch and warmth. It promotes rest and regeneration. Its action is to alleviate all kinds of muscle pain and also those related to nervous tension. This massage provides sore, tired tissues with pleasant relief and wonderful relaxation.

🕒 Up to 60 MIN _____ 350 PLN

🕒 Up to 90 MIN _____ 450 PLN

HARMONISING MASSAGE

Relaxing and calming massage using energising techniques with the addition of individually selected chromatic oil. Drawing inspiration from Far Eastern healing systems, thanks to the subtle touch of the hands, this massage allows you to achieve complete unity of body, soul and mind.

🕒 Up to 60 MIN _____ 300 PLN

🕒 Up to 90 MIN _____ 400 PLN

★ BENESSERE MASSAGE

The massage with warm Karite butter, also known as Shea butter, combines classic massage techniques and deeply nourishes and moisturises the skin of the whole body.

🕒 Up to 60 MIN _____ 300 PLN

🕒 Up to 90 MIN _____ 400 PLN

LYMPHATIC DRAINAGE

Lymphatic drainage involves applying pressure and rubbing the skin through the use of specific techniques and specialised movements to push out the accumulated lymph, thus eliminating swelling and improving lymph circulation.

🕒 Up to 60 MIN _____ 300 PLN

CLASSICAL MASSAGE

Traditional massage techniques such as stroking, rubbing, kneading and vibration are used here. Regular treatments improve well-being, and also reduce perceived muscle tension.

- 🕒 Up to 30 MIN _____ partial 180 PLN
- 🕒 Up to 60 MIN _____ whole body 300 PLN

★ AROMATHERAPY MASSAGE

Relaxing and gentle massage with individually selected essential oil. The use of warm aromatic oils and a subtle touch calms the body, eliminating stress and negative emotions.

- 🕒 Up to 30 MIN _____ partial 170 PLN
- 🕒 Up to 60 MIN _____ whole body 300 PLN
- 🕒 Up to 90 MIN _____ whole body 400 PLN

REVITALISING FACE MASSAGE

It improves skin condition and facial oval, strengthens facial muscles, relaxes them and keeps them in good condition. It is the perfect complement to skincare at any age.

- 🕒 Up to 30 MIN _____ 200 PLN

HEAD MASSAGE

A head massage is a wonderful way to relax. It relaxes, relieves stress and makes all accumulated tension disappear. It improves blood circulation, effectively eliminates headaches and fatigue.

- 🕒 Up to 20 MIN _____ 150 PLN

LOMI LOMI MASSAGE

Lomi Lomi massage is a massage that originated in Hawaii. It therefore resonates with Polynesian philosophy, which places emphasis on the coherence of physicality with the human psyche, the free flow of energy and the power of love. Among other things, this Hawaiian massage has a relaxing, stress-relieving, slimming and pain-relieving effect.

- 🕒 Up to 60 MIN _____ 350 PLN
- 🕒 Up to 90 MIN _____ 450 PLN

THAI MASSAGE

It is a combination of acupressure techniques and Ayurvedic massage philosophy. It aims to improve the immune and nervous systems and accelerate the excretion of excess water from the body by stimulating the skin pores. It removes toxins, increases skin firmness and induces a feeling of deep relaxation.

🕒 Up to 60 MIN _____ 350 PLN

🕒 Up to 90 MIN _____ 450 PLN

BALINESE MASSAGE

Balinese massage is a very intense and deep holistic ritual that allows you to feel the harmony of body and soul. It is a combination of acupressure, aromatherapy, reflexology and ayurveda. During the session, techniques such as grinding, kneading, stretching, tapping and smoothing are used.

🕒 Up to 60 MIN _____ 350 PLN

🕒 Up to 90 MIN _____ 450 PLN

KOBIDO - FACIAL MASSAGE

Kobido massage originated in Japan. This highly effective technique covers the face, shoulders and neck and is considered an alternative to many aesthetic medical procedures. It is a lymphatic drainage and lifting facial massage

🕒 Up to 60 MIN _____ 300 PLN





Baths

AROMATHERAPY BATH IN SALT

Warm bath with individually selected salts enriched with natural essential oils. The unique fragrances soothe the senses, induce a blissful state of relaxation and the composition of the brine, rich in bioelements and microelements, has an additional detoxifying and anti-inflammatory effect.

🕒 Up to 30 MIN _____ 200 PLN

KLEOPATRA'S BATH

A pampering milk bath with a silky texture for the most demanding skin. The hydroxy acids and lactic acid contained in the milk act as an enzymatic scrub, exfoliating and dissolving dead skin. After the treatment, the skin is soft and smooth to the touch, more fresh, supplied with blood and more elastic.

🕒 Up to 30 MIN _____ 200 PLN

HAMMAM

Body cleansing and deep relaxation ritual. It eliminates toxins and muscle pain, nourishes the skin very deeply, regenerates it and leaves it silky smooth.

HAMMAM RITUAL

The ritual begins with a body wash, followed by cleansing - a kessa glove scrub with black olive soap. The next stage is the application of white clay, followed by the bath and a foam massage, and finally an anointing with oil.

🕒 Up to 90 MIN _____ 500 PLN



Treatment supplements*

MICRODERMABRASION

🕒 Up to 20 MIN _____ 100 PLN

CHEMICAL PEELING

🕒 Up to 15 MIN _____ 100 PLN

COLLAGEN GLOVES

🕒 Up to 20 MIN _____ 60 PLN

COLLAGEN SOCKS

🕒 Up to 20 MIN _____ 60 PLN

AROMATHERAPY OR KLEOPATRA BATH

🕒 Up to 20 MIN _____ 100 PLN

PEELING

🕒 Up to 15 MIN _____ 100 PLN

HEAD MASSAGE

🕒 Up to 10 MIN _____ 50 PLN

DX TWIN

🕒 Up to 15 MIN _____ 100 PLN

SHOCK WAVE

🕒 Up to 15 MIN _____ 100 PLN

CAVITATION PEELING

🕒 Up to 10 MIN _____ 50 PLN

** the prices of additional treatments are valid only when another treatment is purchased*

Hair removal with Lycon wax

Hair removal with innovative LYCON waxes. These waxes contain the highest quality natural ingredients, which are gentle to the skin and make it feel soft and silky smooth. Recommended for removing hair from particularly sensitive body parts (face, bikini line and armpits), they remove even very short hairs.

BRAZILIAN BIKINI, FULL LEGS, BACK

🕒 Up to 60 MIN _____ 200 PLN

BIKINI / CALVES / ARMPITS / FOREARMS

🕒 Up to 60 MIN _____ 100 PLN

UPPER LIP / CHIN / CHEEKS / SIDEBURNS / NOSE / EAR

🕒 Up to 15 MIN _____ 50 PLN

Aesthetic medicine



A RECIPE FOR BEAUTY

Stop time and enjoy the beauty - at the Arłamów Hotel we have a recipe for this. With professional aesthetic medicine treatments, we offer our guests the opportunity to achieve visible changes that improve their appearance.

In Arłamów SPA, the treatments are performed by Andrzej Szpiech, MD, PhD from Military Medical Academy in Łódź. Otorhinolaryngology specialist with many years of surgical experience. Member of the Polish Society of Otolaryngologists, Head and Neck Surgeons and the Polish Society of Aesthetic and Anti-Aging Medicine.

We invite you to take a look at our offer.

Well-groomed hands and feet

OPI MANICURE

🕒 Up to 70 MIN _____ 200 PLN

OPI CLASSIC MANICURE WITH NAIL PAINTING

🕒 Up to 70 MIN _____ 150 PLN

OPI HYBRID PEDICURE

🕒 Up to 80 MIN _____ 280 PLN

ACID PEDICURE

Pedicure with CALLUS PEEL ACIDS is a pedicure performed with the use of technologically advanced cosmetic, ACIDS (lactic, tartaric, citric). These acids easily soften the hard keratinised epidermis of the foot. They are particularly good at dealing with thick layers of calloused and dry skin on heels prone to cracking.

🕒 Up to 60 MIN _____ 250 PLN

🕒 Up to 70 MIN _____ with painting 300 PLN

OPI CLASSIC PEDICURE WITH NAIL PAINTING

🕒 Up to 70 MIN _____ 250 PLN

FOOT CARE TREATMENT

Banquet pedicure in five steps - softening (foot bath salt), smoothing (sugar scrub), regeneration (mud mask), cooling (cooling, anti-edema mask), care (lotion) - the effect of „light, young legs“.

🕒 Up to 60 MIN _____ 200 PLN

REMOVAL OF HYBRID NAILS

🕒 Up to 20 MIN _____ 50 PLN

MEN'S PEDICURE

🕒 Up to 60 MIN _____ 200 PLN

MEN'S MANICURE

🕒 Up to 45 MIN _____ 200 PLN

Eyebrows and eyelashes

EYEBROW HENNA WITH SHAPING

🕒 Up to 20 MIN _____ 70 PLN

HENNA EYEBROWS OR EYELASHES

🕒 Up to 20 MIN _____ 50 PLN

EYEBROW SHAPING WITH WAX OR TWEEZERS

🕒 Up to 15 MIN _____ 40 PLN



Treatments for children

The unique offer of our spa facilities includes an interesting alternative for the youngest. Treatments and massages prepared by specialists are above all fun and a unique adventure!

CHOCOLATE MASSAGE

Relaxing back massage with chocolate-scented lotion. The wonderful aroma of chocolate wafting through the air has a great influence on the child's well-being. A sweet surprise as a gift!

🕒 Up to 30 MIN _____ 150 PLN

FRUIT MASSAGE

The nourishing fruit massage moisturises children's skin and relaxes. A sweet surprise as a gift!

🕒 Up to 30 MIN _____ 150 PLN

PRINCESS MANICURE

The fairytale colours will enchant every princess!

🕒 Up to 15 MIN _____ 50 PLN

MILK BATH

Relaxing bath and massage with fragrant foam!

🕒 Up to 20 MIN _____ 100 PLN

BUBBLE FOAM RITUAL

🕒 Up to 45 MIN _____ 250 PLN

Sauna World



Embark on a journey into the world of relaxation right here, unwind after the hardships of everyday life. Moments spent in the zone of warmth, soothing music and aromas will prepare you for your further journey into the depths of SPA.

Steam bath / Finnish sauna / unique ice sauna / sensation showers / ice well / relaxation and inhalation zone / panoramic Finnish sauna / outdoor jacuzzi

- All guests using spa treatments with a value above PLN 50 receive unlimited Sauna World entry as a gift - to be used on the day of the treatment
- The Sauna World is a place where the correct rules for using the sauna apply
- The Sauna World is a clothes-free zone and is dedicated to people over 18 years of age

🕒 One-time unlimited entry for hotel guests _____ 50 PLN

🕒 One-time unlimited entry for external guests _____ 100 PLN

The Arłamów SPA reserves the right to ask people who do not comply with the Sauna World Rules and Regulations to leave without a refund. The Sauna World is an area where sauna ceremonies are organised. Details of forthcoming events can be found at www.arlamow.pl and on the Facebook fanpage.



VIP SPA

VIP SPA is a unique place, which was created for the most demanding Guests who value not only luxury, but above all privacy.

TIMELESS ANTI-AGEING RITUAL

Included in the price:

Timeless face treatment - Facial massage - Hand treatment with collagen gloves Foot treatment with collagen socks - Aromatherapy bath - Timeless prodigy cream - Youth cream - Arłamów SPA cosmetics: scrub 300 grams, oil 30 ml - Entry to the Sauna World for the person using the treatments and for the accompanying person - A bottle of wine delivered to the room

 Up to 100 MIN _____ 900 PLN / PERSON

VIP SPA WITH SCENS TREATMENTS

Aromatherapy bath (20 min)

bath for two with aromatherapy salts has a relaxing effect on the mind and body.

VEGAN RELAXING MASSAGE (40 min)

relaxing massage enveloping the body and senses with bergamot and lavender oils. Dedicated to people who want to break away from the daily routine and regain inner harmony and maintain a state of spiritual balance.

Relaxing face massage (15 min)

Made with cannabis-based oil, arnica, patchouli and clove oil.

Included in the price (entry for up to 2 hours):

- Private sauna with oak dry sauna, steam bath, icefall, sensations shower and a relaxation room with water beds with chromotherapy - Wine of your choice (bottle / 2 persons)
- Seasonal fruit - Flavoured water - Tea bar with herbal teas from the Arłamów Herbarium

 Up to 75 MIN _____ 799 PLN / PERSON

VIP ZONE SAUNAS

Price includes access to:

Private saunas with oak dry sauna, steam bath, ice bath, sensations shower and rest room with water beds with chromotherapy - Wine of your choice (bottle / 2 persons) Seasonal fruit - Flavoured water

- Tea bar with herbal teas from the Arłamów Herbarium

You can order refreshments from a specially composed menu.

 Up to 120 MIN _____ 200 PLN / PERSON

Russian Banya

Russian Banya is a unique, separate part of the SPA Ałamów, created for those seeking a unique experience. Russian Banya is not only a place for body cleansing. It is - according to Russian tradition - a hygienic treatment according to a specific ritual, combined with a social meeting - private or business - in informal circumstances. A stay in Russian Banya regenerates the mind, relaxes the body, gives strength, eliminates stress and nervous tension.

In the Russian Banya area you will find:

- Feasting room with a fireplace and a pool table
- Dry sauna - Russian Banya with a beautiful view of the surrounding nature
- Tsar's sauna with a massage table
- Indoor spa bath with hydromassage
- Outdoor spa bath with hydromassage
- Private outdoor terrace
- Relaxation room
- Bucket of cold water

To fully enjoy the Banya ritual we recommend the following treatments:

EXCLUSIVE RUSSIAN BANYA

- Exclusive access to the Russian Banya for up to 2 hours
- A bottle of mulled wine, white or red, for 2 people
- Flavoured water
- Winter tea from the Ałamów Ecological Herbarium

🕒 Up to 120 MIN _____ 250 PLN / PERSON

TWIGS MASSAGE

This is a traditional massage using special sticks made from birch or oak branches. The ritual takes place in the Tsar's sauna (Parzalnica). Massage helps to cleanse the body of toxins and relax the muscles.

🕒 3-4 MIN _____ 100 PLN / PERSON

PARZALNICA CEREMONY

This is the most important ritual of the Banya, performed by our Sauna Master, who conducts sauna ceremonies using special aromas, creams and peeling. During the ceremony there can be 20 people in our Banya at the same time.

🕒 Up to 13 MIN _____ 50 PLN / PERSON

We also offer snacks and drinks during your stay in Ruska Banya.



We invite you to try our home care cosmetics
Arłamów SPA

Spa Etiquette - Rules and Regulations

OPENING HOURS

The Arłamów SPA is open daily from 9:00 a.m. to 11:00 p.m.

The first treatment starts at 9:15 a.m., the last at 10 p.m. These hours may only be changed in special cases.

Use of the services of the Arłamów SPA is tantamount to acceptance of the SPA Rules and Regulations.

BOOKINGS

We recommend booking your treatments in advance so that they take place at a time that is convenient for you. We encourage you to contact the SPA Reception in advance, where our qualified staff will be happy to provide you with any information concerning our offer and help you choose the treatments best suited to your needs. When booking a particular treatment, it is possible to choose the Therapist or Therapists who will perform the treatment. We do not guarantee that such a choice will always be possible. All spa employees care about the privacy of our guests, so as to create the ideal environment for relaxation. We do not provide treatments not included in the offer.

OUTFIT

Hotel guests are requested to come to the SPA wearing a bathrobe and hotel slippers, which are provided in the rooms. In the case of Guests from outside the Hotel, the SPA Reception employees will provide a bathrobe and slippers as well as all the necessary information on how to prepare for the treatment. We recommend that you come to the SPA without jewelry and valuables. Otherwise you will be asked to take off your jewellery before the treatment. The Arłamów SPA is not responsible for valuables or items of jewellery left in the office or changing room.

VISIT

In order to ensure your full comfort, we recommend that you come to the SPA Reception at least 10 minutes before the planned treatment time. If you are late, the treatment may be shortened without the possibility of reducing the treatment price. Please come without make-up.

RESIGNATIONS

We understand that plans may change, so it is possible to cancel the treatment at least 6 hours before its scheduled time without incurring any costs. If the cancellation is made less than 6 hours before the scheduled time of the treatment, the SPA reserves the right to charge you 50% of the value of the treatment. If the treatment is not cancelled, the SPA reserves the right to charge you 100% of the treatment value. In the case of cosmetic consultations, the amount is PLN 150.

HOME SPA

To prolong and complete the effect of your spa care, we offer you the opportunity to purchase products so that you can continue your spa therapy at home. The therapist's recommendation of skin care and cosmetics that best suit your skin's needs is free of charge.

SPA VIEWING

Out of concern for the privacy of our guests, we reserve the right not to show people who are not currently undergoing treatments around the SPA.

The prices quoted are gross prices. The hotel reserves the right to change prices. The SPA is a quiet zone, for the sake of your relaxation and peace, we kindly ask you to turn off your mobile phones or mute them before entering the SPA.

Contact

Spa reception desk (level 0)
Phone number: +48 13 443 10 70, int. 30 70
spa@arlamow.pl

Reception pool (level -2) tel. +48 13 443 10 72, int. 30 72
spa@arlamow.pl

**BOOK YOUR TREATMENTS ONLINE
WITH THE BOOKSY APP!**



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